



TEXAS TECH™

HOSPITALITY SERVICES

PARENT & FAMILY RELATIONS

2024 Edition

Red Raider Family Cookbook

Comfort Foods from Near and Afar



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These recipes were submitted to Texas Tech Hospitality Services by alumni,
faculty, family, and students.

Please follow food safety guidelines.

Appetizers

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Cowboy Caviar

Submitted By Mia Castaneda- TTU Student • Helotes, TX

Ingredients

- 1 can (15-oz) black beans
- 1 can (15-oz) chickpeas
- 1 can (15-oz) corn
- 3 roma tomatoes
- 1 small red onion
- 1 jalapeño
- 4 lemons
- 2 large avocados
- Tortilla chips
- 1 bunch of cilantro
- 1 yellow bell pepper
- 1 red bell pepper
- Salt to taste
- Cumin to taste

Steps

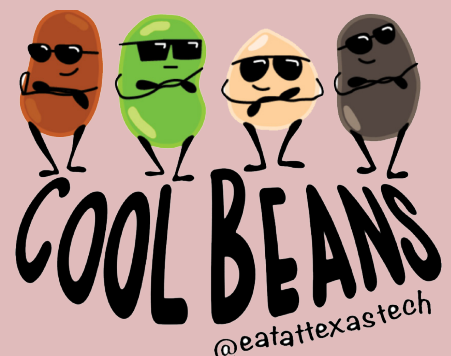
1. Rinse and drain the black beans, chickpeas, and corn. Place them in a large mixing bowl.
2. Cut the roma tomatoes in half and deseed them to remove excess moisture. Dice the deseeded tomatoes, and add them to the bowl with the beans and corn.
3. Dice red onion, jalapeño, avocados, yellow bell peppers, and red bell pepper. Add them to the same bowl as the previous ingredients.
4. Finely chop the cilantro, and add it to the bowl.
5. In a separate small bowl, squeeze the juice of the lemons. Pour the lemon juice over the ingredients in the large mixing bowl.
6. Season the mixture with salt and cumin to taste. Gently stir ingredients until fully combined.
7. Cover the bowl and refrigerate the cowboy caviar for at least 30 minutes to allow the flavors to meld.
8. Before serving, give the cowboy caviar a final gentle stir. Adjust salt and cumin if needed.
9. Serve the cowboy caviar with tortilla chips for a delicious and colorful appetizer or snack.

Serves/Makes

8-10 portions

About the Recipe

This cowboy caviar recipe is a family classic, handed down from my mom and originating with my grandmother. It's a reliable go-to for any family gathering or occasion. The dish is more than just a recipe; it's a simple, tasty tradition that links us through generations. Each time I prepare or enjoy it, there's a subtle connection to the past, making it a genuine and enduring part of our family gatherings.



Creamy Tomatillo Salsa

Submitted By Bethany Wesner- TTU Faculty/Staff • Lubbock, TX

Ingredients

- 1 can (28-oz) of tomatillos
- One 8-oz block of cream cheese
- 1 small onion
- 1 bunch of cilantro
- 1-2 cloves of garlic
- Pinch of salt
- Jalapeños to taste

Steps

1. Add your tomatillos (juice and all) into a blender and blend until smooth.
2. Roughly chop onions, garlic, cilantro, and jalapeños.
3. Cut cream cheese block into smaller pieces.
4. Add in all remaining ingredients and blend until smooth.

I recommend withholding the cream cheese until all other ingredients are well blended. This helps to prevent over burdening your blender and allows better integration with the other ingredients.

Serves/Makes

10-12 portions

About the Recipe

This recipe was taught to me by my aunt while we were cooking for a holiday gathering. It's not only super quick and easy to make but the taste is amazing!



Nelly's Cheeseball

Submitted By Paula Williams- TTU Faculty/Staff • Lubbock, TX

Ingredients

- 2 block of cream cheese (room temperature)
- 2 packages of Real Bacon Bits
- 1 ½ cups shredded cheddar cheese
- 1 cup chopped walnuts or pecans
- 1 tsp lemon juice
- 3 tbs finely chopped chives

Steps

1. Add cream cheese, 1 package of real bacon bits, 1 cup of shredded cheddar cheese, ¾ cup chopped walnuts or pecans and lemon juice to a bowl.
2. Mix all ingredients together until well combined.
3. Form into a ball.
4. Add remaining ingredients onto a plate or shallow dish and mix thoroughly.
5. Roll ball into mixture until evenly coated all the way around.
6. Refrigerate for at least 1 hour and serve with crackers.

Serves/Makes

10-12 portions

About the Recipe

This cheese ball has come to be called “Nelly’s Cheese Ball” in my family because one year while making it for Thanksgiving Dinner, my sisters-in-law’s dog got onto the table after I had just got done making it and ate half of the ball before we noticed her! Such a great memory as she has now passed on, but we still think of her every holiday when this cheese ball is made!



Pani Puri

Submitted By Harshitha Nagapudi- TTU Faculty/Staff • India

Ingredients

- 32 Puris or Golgappa
- 1 medium onion, finely chopped

Pani:

- ½ cup mint leaves
- ½ cup cilantro, chopped
- 1-2 green chilis, chopped
- ½ inch pieces of ginger
- 1½ medium size lemon
- 1 tsp chaat masala powder
- Salt to taste
- 4 cups water

Masala:

- 1½ cups boiled/mashed potato
- ½ cup boiled black chickpeas
- ½ tsp red chili powder/paprika
- ½ tsp cumin-coriander powder
- ¼ tsp chaat masala powder
- 2 tbsp finely chopped cilantro
- Salt to taste

Serves/Makes

32 puris

About the Recipe

Puris or golgappas can be obtained from an Indian Grocery Store

The lemon juice is used to prevent the mint leaves from darkening.

Steps

Method for Pani:

1. Rinse cilantro and mint leaves in water.
2. Add mint leaves, cilantro leaves, green chili, ginger and lemon juice into a small chutney jar of a grinder.
3. Grind until smooth paste (if required, add ¼ cup water while grinding).
4. Transfer ingredients to a large bowl and add chaat masala powder and 4 cups water.
5. Stir with a large spoon and mix until well-incorporated. Add salt to taste.
6. Place the pani in the refrigerator for at least 1 hour before serving or serve it at room temperature.

Steps continued on page 8.



Pani Puri (continued)

Steps (continued)

Method For Masala:

1. Boil potatoes and mash them.
2. Place mashed potato, black chickpeas, red chili powder, cumin-coriander powder, chaat masala powder, coriander leaves and salt in a bowl.
3. Mix them together with a spoon until fully combined.

Masala is ready. Next, assemble Pani Puri:

4. Take each puri and gently make a large hole at the top with a spoon or your index finger or thumb for stuffing.
5. Stuff it with masala (more or less, as you like). Sprinkle onion over it.
6. Take pani-puri water in a medium bowl. Dip each puri in water and enjoy on top and green beans on the side.

Serves/Makes

32 puris

About the Recipe

Soak the chickpeas (¼ cup) for 7-8 hours or overnight in water. Boil chickpeas and potatoes with salted water in a pressure cooker for 3-4 whistles over medium flame or until cooked.



Tennessee Sin

Submitted By Tonya Dansby- TTU Family • Pearland, TX

Ingredients

- 8-oz softened cream cheese
- 8-oz sour cream
- 8-oz shredded Velveeta cheese
- ½ cup chopped cooked ham
- 1/3 cup green onions
- 1/3 cup green peppers
- ¼ tsp worcestershire sauce
- Paprika to taste
- Round bread loaf
- Cubed French loaf

Steps

1. Slice off ¼ top of the round bread loaf.
2. Hollow out bottom section of the round bread loaf, leaving a one inch shell.
3. Slice the french loaf into cubes.
4. Place bread shell and cubed French bread on a large baking sheet.
5. Cook at 350°F until lightly browned.
6. In a bowl, beat cream cheese, sour cream, Velveeta cheese, cooked ham, green onions, green peppers, and worcestershire sauce at medium speed with a mixer until fully combined.
7. Spoon mixture into the round bread shell.
8. Wrap shell in foil and bake at 350°F for 30 min.
9. Sprinkle with paprika and serve with toasted bread cubes.

Serves/Makes

Serves 12

About the Recipe

As a young woman and “baby” teacher, pot luck parties and school events were extremely common. My best friend and I wanted to have dishes that would rival our more, umm... seasoned friends and coworkers. We came up with Tennessee Sin! This was a campus favorite at Walt Disney Elementary in Alvin, TX!

As I started my family, I continued to make this much requested appetizer for special events. Each time I do, I am taken back to my young adult years, learning to cook with my best friend!

Sides

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24-Hour Salad

By Glenda Jones- TTU Faculty/Staff • Abernathy, TX

Ingredients

- 1 can Eagle Brand Milk
- 1 small can crushed pineapple
- 1 can cherry pie filling
- 2 small tubs extra creamy Cool Whip
- 1 bag of miniature marshmallows

Steps

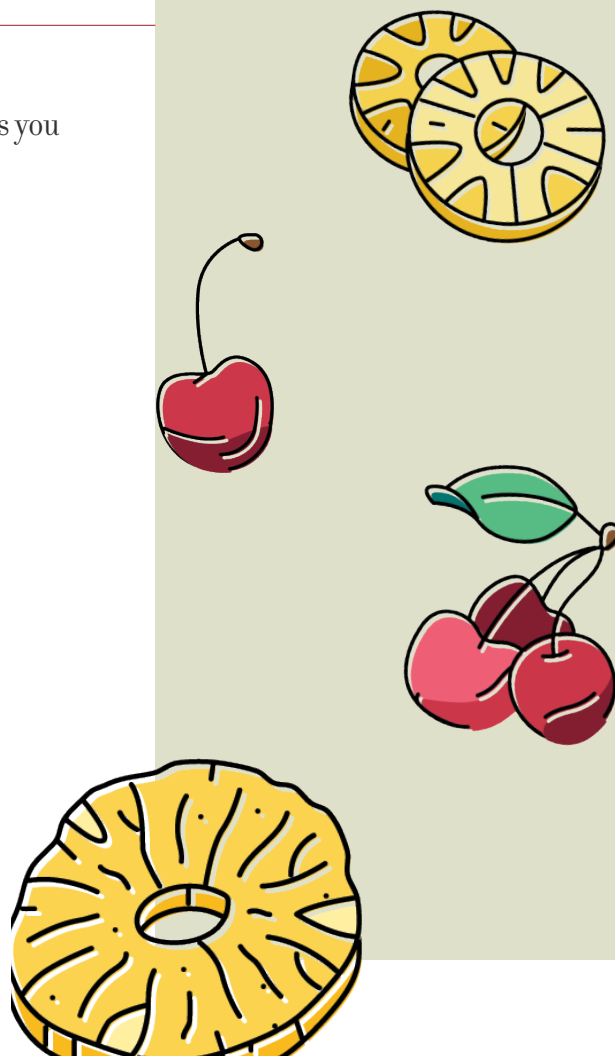
1. Mix all ingredients together and add marshmallows as much as you want to thicken mixture...maybe $\frac{1}{2}$ a bag.
2. Refrigerate and serve.

Serves/Makes

12 portions

About the Recipe

This was my Aunt's recipe and I have made it so much that I now know it by memory. My Aunt had no children of her own so she was like a second Mother to me growing up.



Broccoli Casserole

Submitted By Mackenzie Lewis- TTU Alumni • Lubbock, TX

Ingredients

- 2 bags frozen broccoli florets
- 1 cup mayonnaise
- 3 cups grated cheddar cheese
- 1 can cream of mushroom soup
- 1/3 cup milk
- 1 egg
- 1 tsp grated onion
- 1 large sleeve Ritz crackers
- 1/4 stick butter

Steps

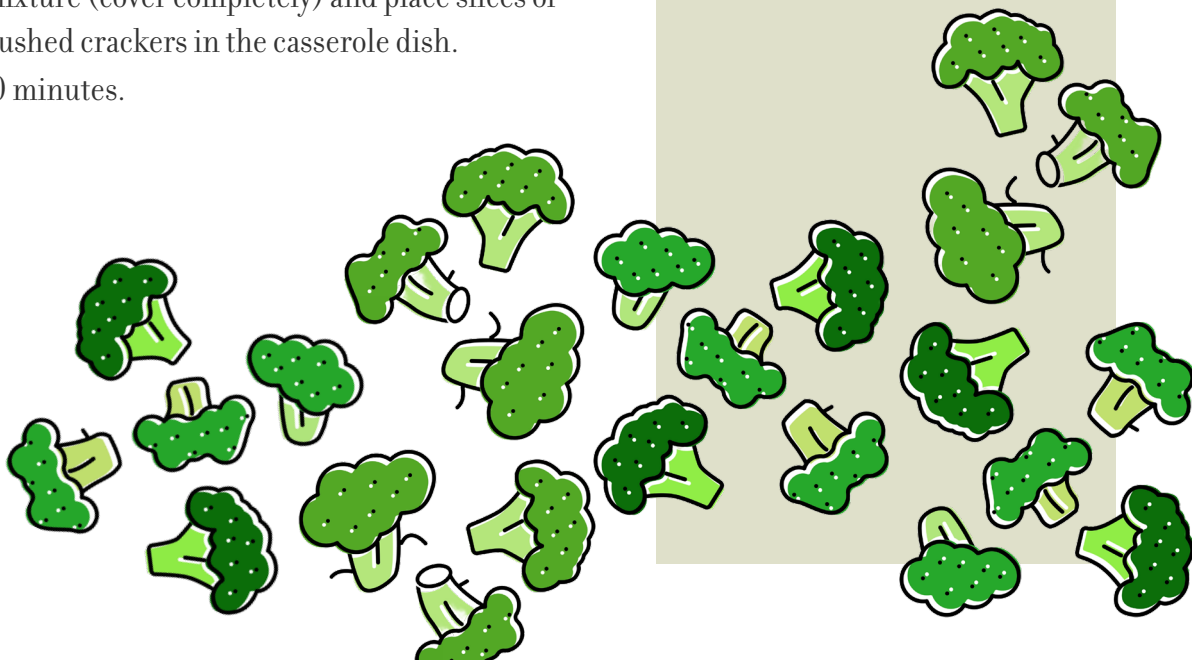
1. Preheat oven to 350°F.
2. Cook or steam broccoli well, then drain and place in a casserole dish.
3. Mix mayonnaise, cheese, mushroom soup, milk, egg, and onions together.
4. Pour mixture over the broccoli.
5. Crush crackers over mixture (cover completely) and place slices of butter on top of the crushed crackers in the casserole dish.
6. Bake uncovered for 40 minutes.

Serves/Makes

8 portions

About the Recipe

Prepared by my Grandmother for holidays.



Corn Casserole

Submitted By Marie Brookreson- TTU Alumni • Baytown, TX

Ingredients

- 1 box Rice-a-Roni Chicken
- 1 can cream of mushroom soup
- 1 jar Cheez Wiz
- 2 cans of corn
- 1 can cream of corn

Steps

1. Preheat oven to 350°F.
2. In a large pan, prepare the Rice-a-Roni per directions on box.
3. Next add the Cheez Wiz and soup into the pan.
4. Then mix in the cream of corn and the two cans of corn, drained.
5. Once all mixed, transfer to a sprayed 9"x13" dish.

Serves/Makes

12-18, or 6 cups

About the Recipe

This recipe was given to me, by my mother, when I got married to my Red Raider husband in 1998. It has become my, "always gotta have it" at Thanksgiving and Christmas and Easter and anytime my current Red Raider students come home to Baytown.

Fleischsalat (German Meat Salad)

Submitted By Tree Angulo- TTU Faculty/Staff • Nienburg, Weser

Ingredients

Amounts will depend on how much salad you wish to end up with.

Basically, equal amounts of each.

- 1 cup German bologna (Boars Head - about 3 fairly thick slices)
- 1 cup German pickles (Kuhne or Hengstenberg are available locally)
- 1 cup mayonnaise
- Salt and pepper to taste

Steps

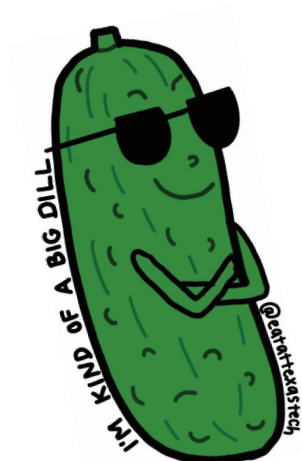
1. Cut the bologna slices in halves or thirds, and then slice into thin strips.
2. Chop and slice the pickles into similar thin strips.
3. Add bologna, pickles, and mayonnaise into a bowl and mix.
4. Salt and pepper to taste.
5. Serve as a salad or as topping for bread.

Serves/Makes

3 cups

About the Recipe

This recipe reminds me of growing up in Germany and of my family there. It's tasty. It takes little time to prepare, and it always seems to go very quickly.



Green Chile and Bacon Corn Pudding

Submitted By Brenda Martinez- TTU Faculty/Staff • Lubbock, TX

Ingredients

- 1 can cream corn
- 1 can whole kernel corn (drained)
- 1 box cornbread (Jiffy, preferred)
- 8-oz sour cream
- 1 tbsp baking powder
- 1-2 chopped, roasted green chiles (you can use canned – probably 2 small cans, but drain)
- 1 package bacon bits
- 2 cups shredded cheese

Steps

1. Preheat oven to 350°F.
2. Prepare 8"x8" or 9"x9" pan with cooking spray or Crisco.
3. Put cream corn, whole kernel corn, cornbread mix, sour cream, and baking powder in large bowl and mix until well combined.
4. In the same bowl, fold in green chiles, bacon bits and shredded cheese.
5. Pour mixture in pan and bake about 45 minutes. (Or until done in middle.)

Double recipe for a 9"x12" inch pan.

If you are sensitive to heat, cut open the chile, and scrape the seeds out before you chop them up. You can freeze roasted chiles and keep for up to a year. You can also add cooked sausage, if you prefer. I've used the basic recipe and done a lot of different mix-ins. The green chile and bacon is my favorite, though.

Serves/Makes

9 portions

About the Recipe

I learned to make corn pudding from my grandma, Leona Gray. She was an exceptional southern cook and made this without the green chiles and bacon. Corn pudding is a staple in southern and rural cooking, and many "city folk" will not know what to think. I've had more than one person (usually those not from the south) express skepticism over the concept of "corn pudding" only to find themselves coming back for seconds and thirds.

This recipe is my West Texas twist on it. We are fortunate to live not too far from Hatch, New Mexico, where the best green chiles are grown. Every August, throughout New Mexico and West Texas, chile roasters are running night and day. If you are lucky enough to get some of these freshly roasted gems, make sure you scrape off the char.

Sweet Potato Casserole

Submitted By Marilyn Bonaparte- TTU Family • Prosper, TX

Ingredients

Filling

- 2 large (29-oz) cans of sweet potatoes (mashed and drained)
- 1 cup sugar
- ½ tsp salt
- 2 eggs
- ½ stick butter (softened)
- ½ cup milk
- 1 tsp vanilla

Topping

- 1 cup brown sugar
- ½ cup self-rising flour
- 1 cup chopped pecans
- ½ stick butter, melted

Serves/Makes

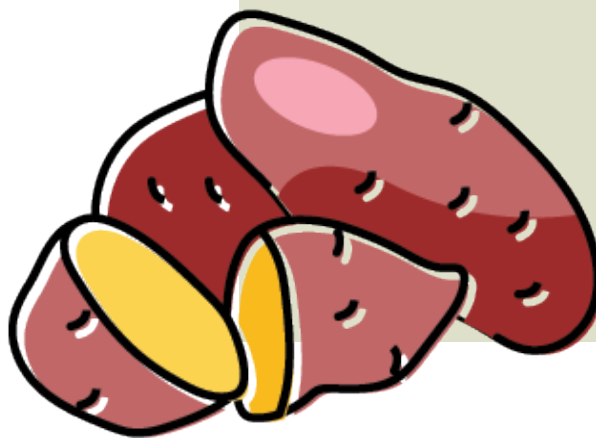
8-10 portions

About the Recipe

Everyone in our family loves this recipe, and I make it for us every Thanksgiving and/or Christmas. It was handed down to me from my aunt who made it for us many years ago!

Steps

1. Preheat oven to 350°F.
2. In a large bowl add: 2 large (29-oz) cans of sweet potatoes (mashed and drained), 1 cup sugar, ½ teaspoon salt, 2 eggs, ½ stick butter (softened), ½ cup milk, and 1 teaspoon vanilla
3. Beat above ingredients well with mixer for several minutes; place in 13"x 9" casserole dish.
4. To make the topping, mix in a separate bowl: 1 cup brown sugar, ½ cup self-rising flour, 1 cup chopped pecans, ½ stick of melted butter.
5. Crumble and mix the topping and sprinkle over casserole.
6. Bake at 350°F for 35 to 40 minutes.



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African Chicken Pepper Soup and Boiled Rice

Submitted By Grace Taiwo Otitoju- TTU Faculty/Staff • Iluke-Bunu, Nigeria

Ingredients

- 500g chicken breast
- 500g chicken drumsticks
- 100g Irish potatoes
- 20g onions
- 5g fresh garlic
- 5g fresh ginger
- 20g yellow or red pepper
- 15mL pepper soup spices
- 1 tsp each of salt, orange, and lemon
- 20g fresh sent leaf
- 2 cups of water
- Boiled rice

Steps

1. Wash the chicken breast and drumsticks and season with salt, lemon, and orange.
2. Cut and arranged the chicken in a cooking pot.
3. Season and marinate the chicken and allow it to stay for about 30 minutes.
4. Steam the chicken without water for seven minutes.
5. Add the two cups of water and cooked for an additional 2 minutes.
6. Add the pepper soup spices and Irish potatoes and cooked for five minutes.
7. Add the freshly cut scent leaf and simmer for a minute.
8. Serve hot in a soup serving bowl with boiled rice or with bread.

Serves/Makes

5 portions

About the Recipe

My first taste of this food was after the delivery of my first daughter. I indeed savor this delicacy. It is good for cold weather.



Ashley's Chicken Spaghetti with Cornbread

Submitted By Ashley Robinson- TTU Faculty/Staff • Plainview, TX

Ingredients

- 1 rotisserie chicken
- 1 can (11-oz) of cream of chicken soup
- 1 can (11-oz) of cream of mushroom soup
- 1 can (11-oz) of Rotel diced tomatoes with green chilies
- 32-oz Velveeta Cheese, cubed
- Use desired seasonings
- 2 boxes of Jiffy Cornbread

Steps

1. Preheat oven to 350°F.
2. Prepare spaghetti according to package instructions for al dente.
3. Prepare Jiffy cornbread according to package instructions.
4. Shred your rotisserie chicken to your liking.
5. In a skillet, pour in canned soups, cubed Velveeta, and diced Rotel tomatoes. Reduce the stove to low heat and cook the cheese mixture while stirring constantly until the cheese melts. Add shredded chicken.
6. Once combined, add in drained pasta, and stir into the cheese and chicken mixture until fully coated. Season to your liking.
7. Get a casserole dish and pour in the cheesy chicken spaghetti from the skillet. Bake this in the oven for 25-30 minutes, or until it's heated thoroughly.
8. After the spaghetti is done, crumble up your cornbread and sprinkle it all on the top and put it back into the oven for 10 minutes or you may broil your cornbread to get it a little toasted.
9. Once the browning of the cornbread is complete, serve and enjoy!

Serves/Makes

Serves 8

About the Recipe

The story behind this recipe is that when my husband and I got together, this was the only dish that I had perfected, and I would just serve it with cornbread on the side. One day my husband said why don't you just crumble up the cornbread and put it on top and let it crisp a little bit in the oven. From that day forward that's how we have been eating for the last 15 years.

ENJOY!!! THANK ME

LATER YOU WILL NEVER IT
CHICKEN SPAGHETTI ANY
OTHER WAY!!!



BBQ Ham Stuffed French Bread

Submitted By Jeri Timlin- TTU Family • Albuquerque, NM

Ingredients

- 1 tube Pillsbury Original French Bread dough
- ½-¾ cup BBQ sauce
- 1 cup shredded cheddar cheese (other cheeses work well too)
- ½ pound very thinly sliced or shaved deli ham (turkey or chicken work well too)

Steps

1. Preheat oven to 350°F.
2. Cover a cookie sheet with foil and spray with non-stick cooking spray.
3. Open the tube of bread dough and unroll the dough into a flat sheet. If dough doesn't unroll easily on a seam cut it with a knife to open and flatten slightly.
4. Layer the deli meat evenly on top of the dough. Add cheese and BBQ sauce. Spread evenly.
5. Pinch sides of dough together over the toppings about every 2-3 inches along the length of the bread. Use toothpicks to help hold closed if needed.
6. Transfer to baking sheet. Bake at 350°F until dough is cooked through (about 25- 30 min).
7. Cut into pieces and serve with condiments if desired.

Serves/Makes

3-8 portions

About the Recipe

I created this one day because I was tired of ordinary sandwiches. My kids (one of which is now a senior at TTU) always asked for it, even when they declared hatred of sandwiches.



Chicken Enchilada Casserole

Submitted By Avery Braune- TTU Student • Frisco, TX

Ingredients

- 3-4 Boneless chicken breasts, seasoned as you like
- 6-oz tub of sour cream
- 10.5-oz (or family size) can of cream of mushroom soup
- 8-oz package of finely shredded sharp cheddar cheese
- 10-oz bag of regular Fritos
- 2 cans (10-oz each) of Green Chile Enchilada sauce

Steps

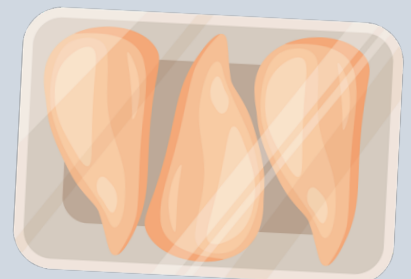
1. Boil or bake the chicken in oven until fully cooked, then cool and shred.
2. Lightly coat a glass casserole dish with either Pam spray, butter, or oil then begin to layer.
3. Mix the entire sour cream container with the entire cream of mushroom soup can. Then, scoop some into the bottom of the dish & spread it around. Remember to leave plenty of this mixture as you'll use it later.
4. Next, crush the Fritos slightly and evenly spread in the casserole dish.
5. Next, layer the shredded chicken on top of that.
6. Then drizzle both cans of the Green Chile sauce all over the chicken and Fritos. Then take your sour cream & cream of mushroom soup mixture and drop it on top and spread out. Lastly, sprinkle the shredded cheese all over and bake.
7. Bake in Oven at 375°F for 20 minutes or until cheese looks melted & bubbly. For a more crunchy cheese top, you can cook for 25-28 minutes instead.

Serves/Makes

8 portions

About the Recipe

It is a traditional, family favorite comfort food in the Braune family that we make when everyone comes to town. Everyone enjoys it, even the picky eaters.



Chinese Chicken and Cashews

Submitted By Karin Huie- TTU Faculty/Staff • Rochester, NY

Ingredients

- 2 boneless, skinless chicken breasts, cut in bite sized pieces
- Soy sauce to taste
- 3 carrots, cut in small pieces
- 1 head of broccoli, cut in small pieces
- 6 spring onions cut in small pieces including the stems
- 1 tsp garlic powder or fresh chopped garlic
- Cashews, I put in a lot because I love them, probably a cup
- Oil

Steps

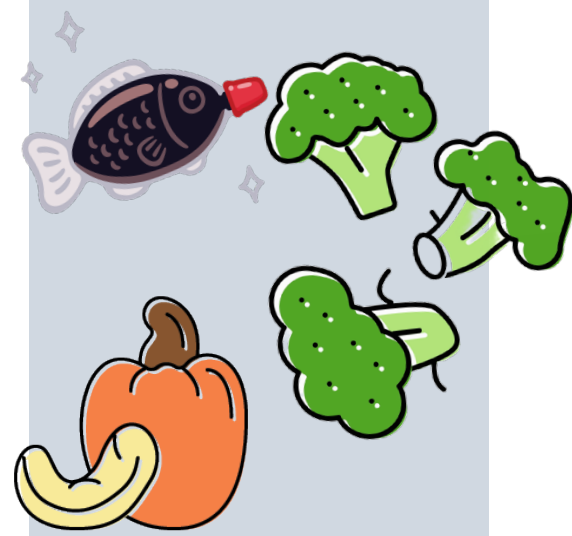
1. Using a wok or a large pot, heat oil till very hot.
2. Add chicken and stir fry with till white, remove from pan.
3. In same pan (or wok) add broccoli, carrots, spring onions, soy sauce, and garlic and stir fry till tender but still crisp.
4. Return chicken to pot and stir fry for a few more minutes.
5. Serve over rice.

Serves/Makes

4-8 portions

About the Recipe

My sister married a chef from China. He made this dish and would not share it. I sat down and tried to recreate his dish. I served it to him and he asked me if he gave me this recipe. Winning!



Firecracker Meatballs

Submitted By Michele Lewis- TTU Family • El Paso, TX

Ingredients

- 2 scallions
- 4 tbsp mayonnaise
- 4 tsp honey
- 2 tsp sriracha
- 20-oz ground beef
- ½ cup panko breadcrumbs
- 1 thumb of fresh ginger grated
- 4 tbsp sour cream
- 4 tbsp soy sauce
- ½ tsp salt
- 1 tsp pepper
- 1 cup jasmine rice
- 12-oz fresh green beans

Steps

1. Preheat oven to 425°F.
2. Thinly slice scallions, separating white from the green
3. Peel and mince ginger
4. In a large bowl combine mayonnaise, sour cream, honey, 4 teaspoons soy sauce and sriracha to taste.
5. In a small pot cook rice according to package directions
6. In a large bowl combine ground beef, panko, scallion whites, ginger, remaining soy sauce, salt and pepper
7. Form into 1½ inch meatballs, place on a lightly oiled baking sheet and bake for 14 to 16 minutes on middle rack
8. Toss fresh green beans with a drizzle of olive oil, salt and pepper put on another baking sheet and bake on top rack same time as meatballs.
9. When done cooking serve meatballs over rice with sauce on top and green beans on the side.

Serves/Makes

4 portions

About the Recipe

We first tried the recipe during Covid and it quickly became a family favorite!! We make 1 sauce with sriracha and 1 sauce without, it's also delicious served over mashed potatoes. Looks pretty served in a cute bowl with the green beans on the side. We hope you enjoy!



Ghanaian Jollof Rice

Submitted By Nicholas Owusu- TTU Student • Ghana-Kumasi

Ingredients

- 1 kg onions
- ¼ kg habanero pepper
- 3 pieces ginger
- 2 cloves of garlic
- 3 carrots
- 1 bundle spring onions
- Green pepper
- 1 kg of fresh organic tomatoes
- Can tomatoes (one can)
- 1 liter vegetable oil
- Geisha mackerel fish
- 2 lbs meat (salmon OR beef)
- Iodized salt
- Perfume rice (5 kilos)
- Nut milk powder
- Cowry powder
- Water

Steps

1. Blend the onion and pepper and add small ginger and pepper.
2. Put saucepan with oil in it on gas/electric burner.
3. Put in the blended onions and pepper with the small ginger and stir till it cooks. Allow the ingredients to cook well.
4. Add can of tomatoes, stir, and add salt. Close to cook for minutes.
5. Wash fresh salmon fish and add to the stew/ sauce then add nut milk with cowry powder. Close for minutes, check fire and tidy the place. Add water to the stew/ sauce then put your perfume rice.
6. Stir for a minute and prepare 1 package of beef/ 1 package of chicken/5 pieces fish (can be selective depending on the budget).
7. Wash your meat. Put it into a clean saucepan on fire. Add your blended vegetables: onion, garlic, and ginger
8. Check fire... Come back to check the jollof rice on fire... Stir small and cover the rice with napkin.
9. Close it for a while and tidy the place. Cut carrots, green pepper, spring onion.
10. Add the rice and cover it for a while. Heat oil for 5 minutes and fry meat with caution. Once cooked, chop and combine with rice.

Serves/Makes

10 portions

About the Recipe

Ghanaian jollof rice is best served for lunch and supper with salad and it should be craved for.

Note:

It is a spicy food, however all the spices that I will use are all natural and organic.

Estimated Time: 1 hour 30 minutes.

Side Salad Sauce:

- 1 bundle of lettuce
- 1 piece chopped Onion
- 1 can of baked beans
- 1 tin of mayonnaise

Hungarian Sour-Cream Chicken (Csirke Paprikas)

Submitted By Csilla Lyerly- TTU Family • Austin, TX

Ingredients

- One (12-oz) pkg. No Yolks Broad noodles (or dumplings from scratch)
- 1 medium onion
- 4 tbsp olive oil
- 3 tbsp Hungarian sweet paprika
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 2.5 lbs chicken thighs
- 3 tbsp flour, divided
- 1 ½ cups chicken broth or milk
- 1 cup sour cream
- Parsley for garnish

Steps

1. Chop onion, and heat olive oil in a large skillet.
2. Sauté onions in olive oil until translucent; season chicken thighs with salt, pepper and paprika, add to skillet and cook until done, flipping halfway through. (I actually like to cut my chicken up into bite size pieces - it also helps it cook faster...)
3. Once chicken is cooked, remove from skillet and place on a dish nearby.
4. Sprinkle flour into sauteed onion, oil and chicken drippings and use a whisk while you add either the milk OR chicken broth - to make a roux.
5. Keep adding milk OR broth till a creamy consistency emerges. Keep stirring and bring to a boil. Once you see a couple of boiling bubbles, reduce heat to low/medium and add your chicken back in.
6. Add sour cream, and I like to garnish with fresh cut parsley.
7. Cook noodles while chicken sit in sauce on low heat, mixing flavors.
8. Serve chicken over noodles - this is a childhood favorite comfort food.

Serves/Makes

4-6 portions

About the Recipe

Our family is Hungarian from Romania. I was also born in Romania, our son Zack is the first generation American born (half Hungarian) and a Red Raider.

Csirke Paprikas is a traditional comfort food that is loved by everyone. Since childhood, through my college years and even now as an adult, while I make it myself, if my mom's in town, I ask her to make it for me. It brings a certain scent to the kitchen that takes me back to my childhood, running in from playing to sit down for a savory lunch. Fall, winter or dreary days - I crave this meal to this date - most of our family loves this dish (except those who don't love sour cream) :)

Kooftah Tabrizi

Submitted By Masoud Askarnia- TTU Student • Tabriz, Iran

Ingredients

- 500g ground beef (choose low fat meat)
- 1 cup yellow split peas
- ½ cup rice
- 1 medium yellow onion
- 1 tsp ground turmeric
- 1 tsp ground black pepper
- 1 small potato, boiled and peeled
- 5 tbsp Kooftah herbs (scallion, summer savory, tarragon, mint, parsley, coriander)
- Salt, turmeric, black pepper
- hard-boiled eggs (optional)
- Yellow prunes
- Dried barberry
- Walnuts
- 3 tbsp tomato paste
- 4 cups of hot water

Steps

1. Soak the yellow split peas overnight, ensuring they are fully immersed in water.
2. In a pot, cover the peas with water, allowing about a 2-inch excess. This overnight soaking significantly reduces the cooking time.
3. After soaking, drain the water from the yellow split peas.
4. Add a cup of water and cook the peas with a small potato on low heat for 30 minutes. Drain the water and set aside.
5. Cook rice in 2 cups of water with no salt, allowing the water to be completely absorbed while keeping the lid open.
6. Combine the cooked potato, rice, and yellow split peas in a large bowl. Use a food processor to mix them thoroughly until a uniform consistency is achieved.
7. Grate a small onion and extract its juice to prevent Kooftah Tabrizi from falling apart during cooking.
8. In a separate large bowl, thoroughly mix ground beef with the grated onion.
9. Add rice, yellow split peas, egg, herbs, salt, turmeric, and pepper.

Steps continued on next page.

Serves/Makes

Approximately 7 portions

About the Recipe

Whenever someone mentions Kooftah Tabrizi, it instantly evokes memories of the bustling bazaars, the vibrant streets, and the warm gatherings of family and friends.

In our family, Kooftah Tabrizi wasn't just a recipe; it was a tradition passed down through generations. The aromatic blend of spices, the carefully crafted meatballs, and the savory sauce were more than ingredients – they were a connection to our roots. Each time we prepared Kooftah Tabrizi, the kitchen would come alive with laughter, stories, and the unmistakable aroma that filled every corner of our home. It became a dish that not only satisfied our taste buds but also served as a link to our cultural heritage.

Kooftah Tabrizi (continued)

Steps (continued)

10. Knead the ingredients for approximately 10 minutes, ensuring a well-incorporated mixture. If the mixture feels slightly soft, refrigerate it for a few hours before cooking.
11. Sauté the barberries briefly and set them aside.
12. Chop another onion and sauté it in a large pot.
13. After 5 minutes, add turmeric and continue sautéing until golden brown over medium heat.
14. Introduce tomato paste, salt, and pepper to the onion.
15. Pour in 4 or 5 cups of hot water and bring it to a boil.
16. Once bubbling, cover the pot, reduce the heat to simmer, and let the sauce thicken.
17. Flatten $\frac{1}{2}$ cup of the filling in your palm, place dried fruits and half a walnut in the center, and shape it into a ball. To prevent sticking, dampen your hands with cold water.
18. Place the meatballs into the pot. Without covering the pot, gently cook them over medium heat for 30 minutes.
19. After 30 minutes, lower the heat to low, cover the pot, and let it cook for approximately 1 hour and 30 minutes.
20. Finish by sprinkling the top with a mixture of fried onions and barberries.

Serves/Makes

Approximately 7 portions

About the Recipe

Arrange the Kooftah Tabrizi meatballs on a serving platter or individual plates, ensuring an appealing and organized layout. Consider serving Kooftah Tabrizi alongside traditional accompaniments such as fresh herbs, pickles, or yogurt. Garnish the dish with additional barberries, fried onions, or fresh herbs for added flavor and visual appeal.



Korean Style Beef Over Rice

Submitted By Brody Fry- TTU Student • Royse City, TX

Ingredients

- 1 lb ground lean beef (or venison)
- 2 tbsp minced garlic
- 1 tbsp minced onion
- ½ tsp ground ginger
- ½ cup soy sauce
- 3 tbsp brown sugar packed
- ½ tsp crushed red pepper
- 2 tbsp sesame seed oil
- 1-2 bell peppers, sliced into strips
- 2-3 boil bags of rice (white or brown) or you make your own rice per package instructions

Steps

1. Brown meat and add the bell peppers stir until sautéed.
2. Add sesame seed oil.
3. In a separate bowl, mix garlic, onion, ginger, soy sauce, red pepper flakes, and brown sugar.
4. Add the mixture to the meat and bell peppers, stirring until fully coated and combined.
5. Once fully cooked, pour serving over the top of the rice and enjoy!

Serves/Makes

4-5 portions

About the Recipe

This is my favorite dish that my mother makes me for every motocross race weekend! It is the perfect amount of carbs and protein and is truly amazing! It is a staple in my home because I love it that much!

Lasagna Soup

Submitted By Melissa Gaona- TTU Faculty/Staff • Lubbock, TX

Ingredients

Equipment

- Chef's knife
- Cutting board
- Measuring cups and spoons
- 4.5 quart soup pot for the stove method
- 6-quart Instant Pot for the pressure cooker method
- Stirring utensil

Ingredients

- 2 tbsp olive oil
- 1 pound lean ground beef
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 (15-ounce can) diced tomatoes, don't drain
- 1 (15-ounce can) tomato sauce or tomato puree
- ½ (6-ounce can) tomato

- paste
- 4 cups chicken broth plus 1 cup water
- 1-2 cups water as needed to adjust broth
- 1 tbsp Italian seasoning
- 1 tsp sea salt
- Black pepper to taste
- 8-oz bowtie pasta (uncooked)
- *see footnote on next page

Lasagna Soup Toppings

- ½ cup Ricotta Cheese
- 2-oz mozzarella cheese shredded (about ½ cup)
- ¼ cup Parmesan cheese shaved, shredded, or fresh grated
- ¼ cup fresh parsley chopped

Serves/Makes

12 cups

About the Recipe

It combines all the things I love! Lasagna Soup is a comfort food that combines all the best Italian flavors in one little pot. It always brings smiles to everyone's faces and that makes the time preparing this dish, well worth it!

Steps

Stove instructions

1. Heat soup pot over medium-high heat.
2. Add GROUND BEEF, ONIONS, and GARLIC. Sauté until the beef is cooked through, stirring as needed. Drain excess fat, if needed. Substitute the ground beef with ground turkey or Italian sausage and follow the same recipe instructions.
3. Stir in TOMATOES, TOMATO SAUCE, TOMATO PASTE, BROTH, ITALIAN SEASONING, SALT, PEPPER, and PASTA NOODLES. Choose sturdy and readily available pasta like bowtie pasta, macaroni, rigatoni, or penne for lasagna soup. Regular lasagna noodles tend to overcook in the pressure cooker, which is why I prefer bowtie pasta for this recipe.



Lasagna Soup (continued)

Steps (continued)

4. Increase heat to HIGH and bring the soup to a boil.
 5. Reduce heat to a medium simmer and cook soup for 10 to 15 minutes until pasta is cooked to your liking, stirring every few minutes. Add WATER in small amounts to adjust broth consistency.
 6. Remove from heat. Continue to the serving instructions below.
- Steps continued on next page.

Instant pot instructions (If doubling the recipe, an 8 or 10-quart pressure cooker is required)

1. Select “Sauté” on the Instant Pot and heat OLIVE OIL.
2. Add GROUND BEEF, ONION, and GARLIC. Sauté until cooked through, stirring as needed. Drain any excess fat.
3. Add a splash of broth to deglaze and release any browned bits.
4. Press “Cancel”. Add TOMATOES, TOMATO SAUCE, TOMATO PASTE, BROTH, ITALIAN SEASONING, SALT, PEPPER, and PASTA NOODLES. Stir to combine.
5. Secure the lid, turn the pressure release valve to “Sealing,” and set the cooker to “High” pressure for 1 minute using “Manual” or “Pressure Cook” setting. (Yes, only 1 minute: the pasta will be perfectly cooked).
6. When the pressure cook cycle ends, you can use quick pressure release for al dente pasta or a natural 10-minute release for softer pasta. Open the lid and stir. Add small amounts of WATER to adjust broth consistency, if needed.

Serving Instructions

1. Serve warm. Top each serving with a bit of RICOTTA, MOZZARELLA, PARMESAN, and FRESH PARSLEY.

Storage and Reheat

- To store: Cool completely and refrigerate in an airtight container up to 5 days or up to 90 days in the freezer (or more if vacuum sealed).
- To reheat: Add more cooking liquid as needed because the noodles will have absorbed much of the broth.

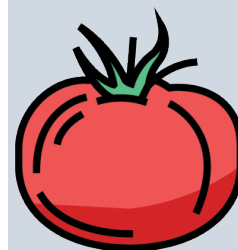
Serves/Makes

12 cups

About the Recipe

Notes (continued)

- Swap canned diced tomatoes with crushed tomatoes for a thicker soup broth consistency.
- Lasagna soup thickens as it cools because the noodles soak up the broth. So, you may wish to add more cooking liquid in small amounts to adjust the consistency.
- Substitute the canned tomato products with a 24-ounce marinara sauce plus 1 cup water for either cooking method. The Instant Pot version may require an additional 1 cup liquid after it cooks to adjust sauce consistency.



Mexican Breakfast Tacos

Submitted By Kimberly Carlisle- TTU Family • Mansfield, TX

Ingredients

- 1 roll of Jimmy Dean Pork Sausage (mild, regular, or spicy)
- ½ to full bag Frozen of Ore-Ida Diced Potatoes with Onions and Peppers.
- 6-7 Eggs
- 1 can (10-oz) Rotel (mild, original, or fire-roasted)
- Package of cheese (your choice)
- Flour tortillas

Serves/Makes

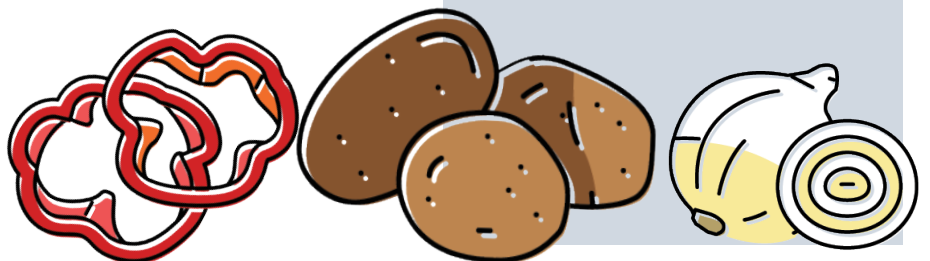
4-5 portions

About the Recipe

This is my son's favorite breakfast meal growing up in Arlington, Texas. Once he moved into a house his sophomore year, he facetimes me and I taught him how to make this simple meal for the first time. I will never forget how proud he was and the fact I was super proud as well.

Steps

1. In a large skillet, add sausage and cook until almost done, and then add one can of Rotel.
2. Add your potatoes and cook on medium til the potatoes are almost done.
3. In a separate bowl scramble your eggs, and add salt and pepper as needed.
4. Pour eggs into a skillet and scramble on low heat.
5. Stir often til your eggs are cooked in the mixture.
6. Add cheese on top and serve with your tortillas.



"Not" Norm(an) but Fab(iola)

Lasagna

Submitted By Fabiola Mendez- TTU Family • Floresville, TX

Ingredients

- 9 uncooked lasagna noodles- any (Barilla)
- 1 lb ground meat- any (hot pork)
- 24-oz spaghetti sauce- any (Ragú)
- 15-oz cottage cheese (ricotta)
- 2 eggs
- Italian seasoning
- 2 cups (8-oz) shredded mozzarella cheese
- ½ cup parmesan cheese
- Pepperoni slices

Steps

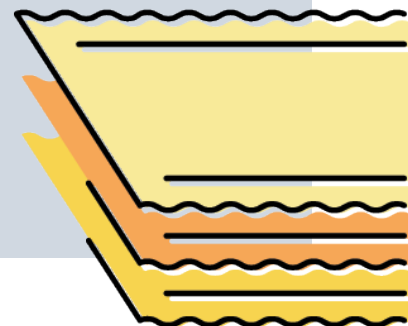
1. Preheat oven to 350°F.
2. In 3-quart saucepan, brown meat and dry.
3. Add pasta sauce and water as needed to not dry out while baking- saucy; simmer about 10 minutes.
4. In separate bowl, stir together cottage/ricotta cheese, one cup mozzarella, parmesan cheese, eggs, and Italian seasoning.
5. Pour about ½ cup sauce on bottom of a 13"x9" inch baking dish.
6. Place 3 UNCOOKED lasagna noodles lengthwise over sauce; cover with about 1 cup sauce; Spread half of the cheese filling over sauce and top with pepperoni slices.
7. Repeat layer of lasagna noodles, sauce, cheese filling, and pepperoni slices.
8. Top with a layer of lasagna noodles and remaining sauce.
9. Sprinkle remaining mozzarella cheese on top.
10. Cover with foil and bake 45 minutes.
11. Remove foil and bake uncovered for an additional 15 minutes until bubbly.
12. Enjoy!

Serves/Makes

12 portions

About the Recipe

This recipe was basic and simple but my husband and I decided to make changes and we feel we have mastered this traditional recipe! It has become our 'signature dish' with family and friends.



Quiche

By Avelina Padilla- TTU Faculty/Staff • Levelland, TX

Ingredients

- 1 lb sausage **or** 1 lb bacon
- 1 cup shredded cheddar cheese
- 2 cup milk
- 4 eggs
- 1 cup biscuit mix (Bisquick)

Serves/Makes

12 portions

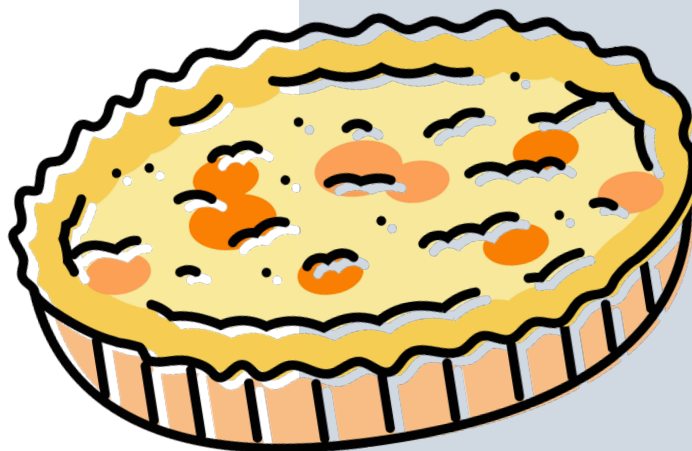
About the Recipe

This was a popular dish during my time in the Levelland school district at breakfast.

Recipe belongs to a dear friend of mine who has already passed, Linda Odell.

Steps

1. Brown sausage or bacon.
2. In a glass pan, layer meat and cheese.
3. Mix eggs, milk, and biscuit in a separate bowl. Pour over the meat and cheese in the same glass pan.
4. Bake 40 minutes at 350 °F.



Super Simple Crock Pot Chicken Tacos

Submitted By Sarah Garcia- TTU Family • Burleson, TX

Ingredients

Cooking Ingredients:

- 5-6 “decent sized” chicken breast, thawed
- 1-2 packet(s) fajita or taco seasoning
- 3 cans of plain chicken broth

Serving Ingredients:

- Corn/flour tortillas or nacho chips
- Taco toppings, such as: diced tomatoes, shredded lettuce, shredded cheese, chopped cilantro, sour cream, etc.

Serves/Makes

10-12 tacos

About the Recipe

This recipe was basic and simple but my husband and I decided to make changes and we feel we have mastered this traditional recipe! It has become our ‘signature dish’ with family and friends.

Steps

“Fancy” Way:

1. Mix broth and seasoning together in a mixing cup or bowl.
2. Lay the chicken in the crock pot and pour the mixture over the chicken.

“Easy” Way:

1. Dump chicken, broth, and seasoning packet(s) in a crock pot together.
2. Cook on low for 8 hours.
3. When done, chicken will shred easily with tongs.
4. Serve with tortillas or chips, and with preferred toppings.

Taah Chin Garmsari

Submitted By Ryan Pajuhanfard- TTU Student • Tehran, Iran

Ingredients

- Lamb meat
- Rice
- Onion
- Piloui spice (optional)
- Currant
- Turmeric
- Cumin
- Salt
- Black pepper
- Limon powder
- Onion Powder
- Saffron
- Lavash bread (thin flatbread)

Serves/Makes

4-6 portions

About the Recipe

This dish is served in big parties and religious ceremonies in Garmsar city and is 2000 years old. This food is very energizing, and since the occupation of most of the people in these areas was animal husbandry in the past, cooking this dish would allow them to get the energy they needed to do hard work.

Steps

1. Begin by cutting the meat into thin slices and divide it and add some black and red pepper to the pilaf spice for Techin (meat and rice).
2. Add onion powder, paprika powder and two large chopped onions.
3. Evenly coat the lamb meat with the spices.
4. Soak rice and raisins separately. How long the rice soaks depends on the type of rice you have and the previous experience you have in cooking the rice you want. It is enough to soak raisins for 1 hour.
5. Boil the rice in a suitable pot and cook the rice in it.
6. Remove the rice and pour some oil on the bottom of the pot. Once the oil gets a little hot, put some lavash bread on the bottom of the pot and pour ½ of the drained rice on the bread.
7. Now pour the seasoned meat raw and along with the other ingredients onto the rice.
8. Pour thick brewed saffron or ground saffron (be liberal in pouring saffron) and piloui spice (optional) on the meat and sprinkle salt as desired.
9. Then fill the top with another layer of rice.

Steps continued on next page.

Taah Chin Garmsari (continued)

Steps (continued)

10. First put the bottom of the Garmsari meat on a medium gas flame so that it steams a bit and then reduce the gas flame.
11. Boil the bottom of the meat on a low gas flame until it steams and the meat is cooked and soft.
12. Pour $\frac{1}{2}$ cup of boiling water on the rice in order for the meat to steam and infuse better.
13. In the last hour of cooking the garamsari meat, pour the fried raisins on the rice. If you like, fry and caramelize a medium onion first, then add and fry the raisins and pour on the rice in the last hour of cooking.

Serves/Makes

4-6 portions

About the Recipe

Desserts

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Banana Pudding

Submitted By Kerri Shackelford- TTU Family • Red Oak, TX

Ingredients

- 1 box Nilla Waffers
- 1 large box of instant vanilla pudding
- 3-4 bananas
- 1 tub of Cool Whip
- 1 block (8-oz) of cream cheese (room temp)
- 1 Can of Sweeten Condensed Milk

Steps

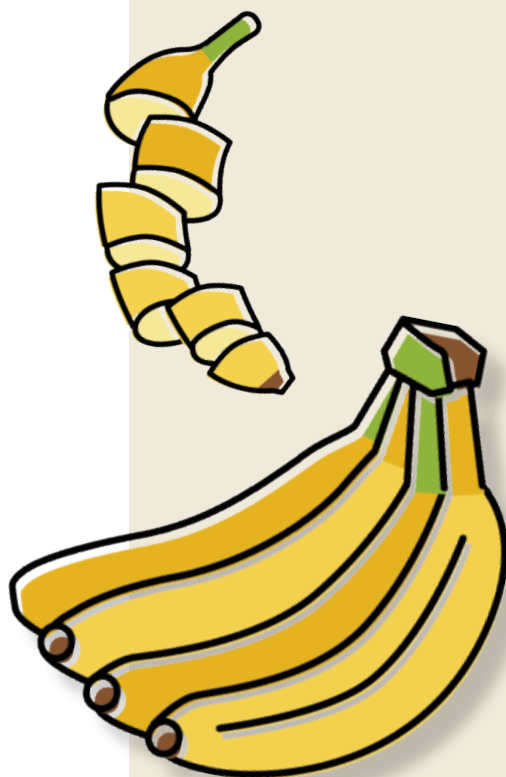
1. Make vanilla pudding by instructions on box (set aside)
2. Mix together in separate bowl Cool Whip, cream cheese, and Sweeten Condensed Milk.
3. Add this mixture with the pudding (mix well)
4. Layer bananas, Nilla Waffers, and mixture.
5. Save enough Nilla Waffers to put on top of pudding.

Serves/Makes

10-12 portions

About the Recipe

This pudding is required at every family/friend function. It is delicious and I hope everyone enjoys it as much as we do!



Cherry Red Holiday Cookies

Submitted By Cassie Snyder- TTU Faculty/Staff • Lubbock, TX

Ingredients

- 1 cup sugar
- ½ cup butter
- 1 egg
- ½ cup cherry juice (from maraschino cherry jar)
- 1 tsp pure vanilla
- ½ tsp salt
- ½ tsp baking soda
- 1 ½ cups chopped pecan nuts
- 1 cup red cherries OR ½ cup red & ½ cup green cherries (fruit cake cherries)
- 3 cups and 2 tbsp flour

Steps

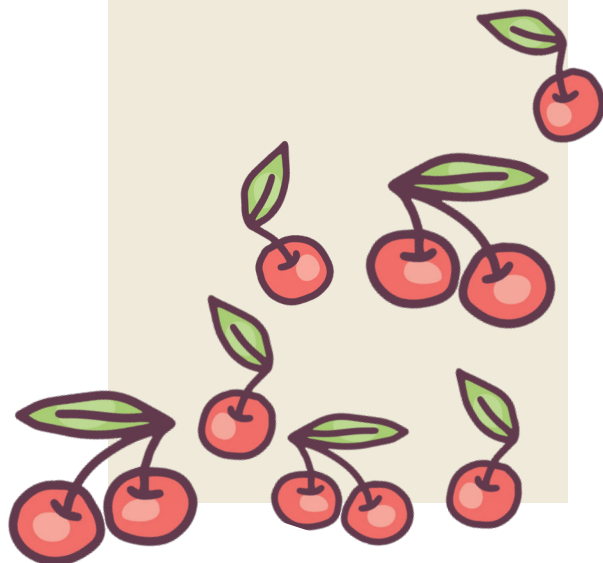
1. Preheat the oven to 350 °F.
2. Mix sugar & butter until smooth.
3. Add egg, cherry juice, vanilla, salt, baking soda, pecans, and cherries. Stir to combine.
4. Then, slowly add flour and mix.
5. Once the mixture is fully combined, roll the dough into balls on a baking sheet.
6. Bake for 15 minutes or until done.

Serves/Makes

2-4 trays of cookies

About the Recipe

I have made these holiday cookies almost every holiday season since I was a kid. I remember putting this recipe in my kindergarten cookbook and now I want to share it with my Red Raider family.



Chocolate Chip Cookies

Submitted By Nicole Cardamone- TTU Student • Keller TX

Serves/Makes

Approximately 60 cookies

Ingredients

- ½ cup shortening
- ½ cup butter
- 1 cup packed brown sugar
- ½ cup sugar
- ½ tsp baking soda
- 2 eggs
- 1 tsp vanilla
- 2-2½ cups all-purpose flour
- One 12-oz. package of semisweet chocolate chips

Steps

1. In a large mixing bowl beat the shortening and butter with an electric mixer on medium to high speed for 30 seconds.
2. Add the brown sugar, sugar, and baking soda. Beat mixture until combined, scraping sides of bowl occasionally.
3. Beat in the eggs and vanilla until combined in the same bowl.
4. Beat in as much flour as you can with the mixer.
5. Using a wooden spoon, stir in remaining flour.
6. Stir in chocolate pieces and, if desired nuts.
7. Drop the dough by rounded teaspoons 2in apart on an ungreased cookie sheet.
8. Bake in a 375 °F degree oven for 8-10 minutes or until edges are lightly browned.
9. Transfer cookies to a wire rack and let cool.



Dad's Neopolitan Cream Cheese Dessert (Bain-Marie)

Submitted By Yared Vivas- TTU Student • Lubbock, TX

Serves/Makes

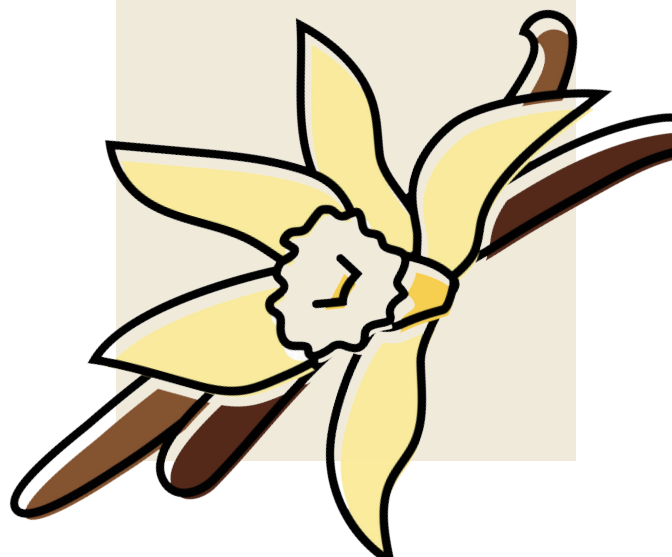
3-4 portions

Ingredients

- 8-oz bar of cream cheese
- 14-oz can of condensed milk
- 14-oz can of evaporated milk
- 8 eggs
- 7 cups of brown sugar
- 5 tbsp of vanilla extract
- 1 cup of water

Steps

1. Preheat oven at 350°F.
2. Place brown sugar and water in a pan and mix on stove (Medium heat) until water boils and sugar melts into a caramel like texture.
3. In a blender, combine cream cheese, can of condense milk, evaporated milk, eggs and vanilla together.
4. Place caramel in a vertical pan and pour mix on top.
5. Then cover pan with plastic wrap and a layer of aluminum foil.
6. Later place pan inside of a bigger pan with hot water (Bain-Marie).
7. Then place pan in oven and it should be ready in an hour.



Elf Shoes

Submitted By Shari Lewis- TTU Faculty/Staff • San Saba, TX

Ingredients

- Large bag of Bugles (original flavor)
- 2-3 bags of white chocolate morsels (can use other flavors)
- Christmas-colored sprinkles

Steps

1. Spread large pieces of waxed paper across clean kitchen cabinet (for easier cleanup, use cookie sheets lined with waxed paper).
2. Melt approximately 1 cup of morsels of choice in the microwave (for best results, set for 1 minute, then stir and add 30 seconds if needed).
3. Dredge a single Bugle chip, wide side down, through chocolate, covering about 1/3 of chip; place on waxed paper.
4. Repeat until 25-30 chips are covered in chocolate.
5. Add sprinkles as desired.
6. Repeat process as ingredients allow.
7. Allow chocolate-covered chips to dry, then plate & cover or store in an airtight container.

Serves/Makes

Multiple guests

About the Recipe

I've prepared these for several years for students at The Daily Toreador. They're always a favorite. These are perfect for grazing at a gathering or just to keep on the cabinet for something sweet and salty.

Fudge Pie

Submitted By Delana Jean- TTU Family • Covington, TX

Ingredients

- 1 stick of butter (or ½ cup butter)
- 1 cup sugar
- ½ cup flour
- 2 tbsp cocoa
- 2 eggs
- 1 tsp vanilla
- ½ cup chopped pecans (optional)

Steps

1. Melt butter in a medium saucepan and remove from heat.
2. Continue by adding each ingredient as listed and stir until all is mixed together thoroughly.
3. Spray a pie pan with Pam or similar cooking spray and pour batter into pie pan.
4. Bake at 350°F for 20 minutes.

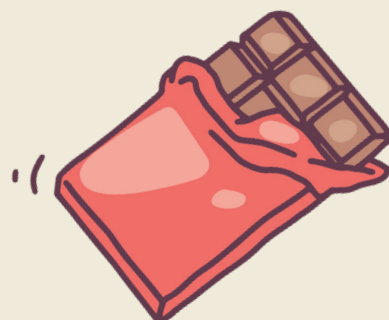
Note: Serve warm with a scoop of vanilla ice cream if desired.

Serves/Makes

6-8 portions

About the Recipe

This recipe was given to me by my Nanny Havins from Paducah, Texas. She was an excellent cook and especially loved making desserts. Although this recipe is simple, it is always a favorite.



Green Wreaths

Submitted By Kay Arellano- TTU Faculty/Staff • Wilson, TX

Ingredients

- 1 package of mini marshmallows
- 1 stick margarine
- 1 tsp vanilla extract
- 1 tsp green food coloring
- 4 cups corn flakes
- Red hots or Skittles

Steps

1. Melt marshmallows with cut up margarine, vanilla, and green food coloring in a large microwave safe bowl in 30-second increments.
2. Make sure all the marshmallows are melted (check after 30 seconds and stir until melted).
3. Add the corn flakes to the bowl and stir until they are all covered.
4. Drop by spoonfulls on parchment paper or wax paper.
5. Add red hots or Skittles for decoration.

Serves/Makes

30 wreaths

About the Recipe

Making these has been a Christmas family tradition for years. Fun to make and share.

Lemon-Almond-Orange Cake

By Patti Douglass- TTU Alumni • San Antonio, TX

Ingredients

- 3 cups flour
- 2 ½ cups sugar
- ¼ tsp salt
- ½ tsp baking soda
- 1 cup shortening
- 1 cup buttermilk
- 4 eggs
- Grated rind of 1 lemon
- 2 tsp lemon extract
- 2 tsp orange extract
- 2 tsp almond extract
- Powdered sugar

Steps

1. Preheat oven to 350°F.
2. Grease and flour a tube or Bundt pan.
3. Grate the rind of one lemon, reserving the juice for another use.
4. Combine flour, sugar, salt, baking soda, shortening, and buttermilk.
5. Beat mixture for 2 minutes.
6. Add eggs one at a time, beating the mixture in between adding eggs.
7. Mix in lemon rind and extracts.
8. Bake for 1 hour at 350°F.
9. Invert onto serving plate when cake is cool.
10. Sprinkle with powdered sugar.

Serves/Makes

12 thick slices

About the Recipe

This is pound cake with a delicious twist! Following my mother's example, I made it frequently in high school for others, learning after an early attempt not to forget the eggs.



Mexican Wedding Cookies (Hojarascas)

Submitted By Edwina Cervantez- TTU Family • San Antonio, TX

Ingredients

- 1 cup granulated sugar
- 3 cups lard
- 3 eggs
- 6 cups flour
- 2 tbsp ground cinnamon
- Parchment paper
- Sheet pan

Steps

1. Place parchment paper on sheet pan.
2. Cream lard, eggs, and cinnamon. Add sugar and mix well with electric mixer.
3. Add flour gradually and mix well.
4. Scoop about a tablespoon size and roll into a ball. Flatten down on sheet pan with 2 fingers.
5. Bake at 350°F till light brown on the bottom of cookie.
6. While still hot roll into a mixture of sugar and cinnamon.

Serves/Makes

5 dozen cookies

About the Recipe

This is one of the first recipes my mom shared with me. It's fun to see her great grand children create these yummy cookies with her.

Pink Stuff

Submitted By Katelyn Perry- TTU Faculty/Staff • Iowa Park, TX

Ingredients

- One 8-oz container of Cool Whip
- One 14-oz can sweetened condensed milk
- One 21-oz can cherry pie filling
- One 20-oz can crushed pineapple
- One 15-oz can mandarin oranges
- 2 cups mini marshmallows

Steps

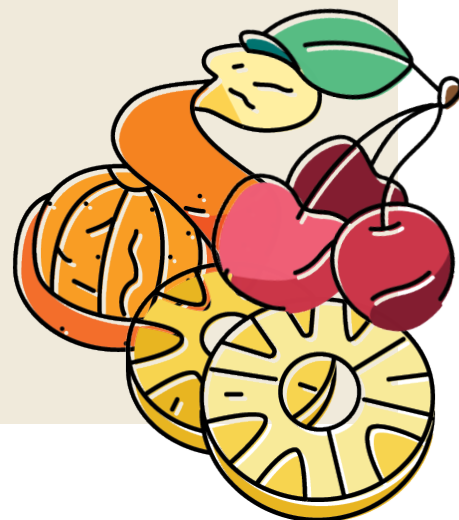
1. Combine first five ingredients in a large bowl.
2. Fold in marshmallows.
3. Refrigerate for one hour before serving.

Serves/Makes

10-15 portions

About the Recipe

This is a staple in our family for Thanksgiving and Christmas and my personal favorite. It isn't the fanciest, but is always a crowd pleaser!



Pumpkin Bars

Submitted By Sherri Brown- TTU Family • La Vernia, TX

Ingredients

- 4 large eggs (room temperature)
 - 1 + 2/3 cup sugar
 - 1 cup canola oil
 - One 15-ounce can pumpkin
 - 2 cups all purpose flour
 - 2 tsp ground cinnamon
 - 2 tsp baking powder
 - 1 tsp baking soda
 - 1 tsp salt
- Icing
- 8-oz cream cheese, softened
 - 2 cups powdered sugar
 - 1/4 butter softened
 - 1 tsp vanilla
 - 1-2 tbsp of 2% milk

Steps

1. In bowl beat eggs, sugar, oil, & pumpkin until well blended.
2. Combine baking soda, baking powder, salt, cinnamon, & flour.
3. Gradually add to pumpkin mixture and mix well.
4. Pour into 15"x10" greased jelly roll pan.
5. Bake at 350°F for 25-30 minutes.
6. Cool until set completely.

For Icing

7. Beat cream cheese, softened butter, sugar, & vanilla until combined.
8. Add milk to achieve spreading consistency.
9. Spread icing over bars.
10. Store in refrigerator.

Serves/Makes

24 bars

About the Recipe

I have made this every Thanksgiving morning for over 25 years. My family have enjoyed waking up to the smell of freshly baked pumpkin bars that are enjoyed by all as we watch the Macy Day parade.



Traditional Chocolate Pie

Submitted By Debbie McShannon- TTU Family • Temple, TX

Ingredients

- One 9-inch deep dish pie crust, baked
- 1 ½ cups sugar
- 5 tbsp cocoa
- 4 tbsp all-purpose flour
- One can (12-oz) evaporated milk
- 4 egg yolks
- 2 tsp vanilla flavoring
- 4 tbsp butter (½ stick)

Meringue for chocolate pie:

- 4 egg whites
- 2 tbsp sugar

Serves/Makes

8 slices

About the Recipe

This is a traditional chocolate pie that has been prepared by my family for generations. But only around Thanksgiving. :)

I remember my grandmother making it each year, then followed by my mom, and now by me. I'm hopefully the tradition will carry on with my daughter and many others.

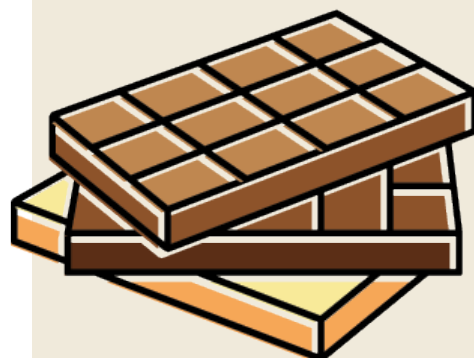
Steps

1. Bake your pie shell and let it cool before adding the filling. In a large bowl whisk together the sugar, cocoa, flour, milk, vanilla and eggs. Cut butter into about three pieces and add to pie liquid. (The butter will melt while cooking). Cook on top of the stove on medium high heat, stirring constantly about 9 to 10 minutes until filling thickens
2. Don't forget to stir because it will burn easily. If I think it is going to burn I move it from the burner for a minute or put it on the edge of the burner. Once the filling thickens, pour into cooled pie shell and let cool about 10 to 12 minutes before adding meringue.

Meringue Instructions

1. Beat the egg whites with a mixer until peaks form. Add the sugar and beat about another minute. Spread on top of the pie and bake in 350°F degree oven for 10-12 minutes until brown on top. You can just put the pie under the broiler and brown the meringue that way. If you put it under the broiler, watch it carefully because it will burn easily. I usually brown mine under the broiler but you can do it either way.

** Pie is good without Meringue too!



Conversions

Dry Ingredients

Ounces	Tablespoon	Cups	Other
½ oz	1 tbsp	/	3 tsp=1 tbsp
1 oz	2 tbsp	1/8 c	
2 oz	4 tbsp	¼ c	1 kg=2.2 lbs
3 oz	6 tbsp	1/3 c	
4 oz	8 tbsp	½ c	
8 oz	16 tbsp	1 c	
12 oz	24 tbsp	1 ½ c	
16 oz	32 tbsp	2 c	

Wet Ingredients

Fluid Ounces	Tablespoon	Cups	Other
1 oz	2 tbsp	/	1 tsp= 5mL
2 oz	4 tbsp	1/8 c	1 tbsp=15mL
2 2/3 oz	6 tbsp	¼ c	1 oz=30mL
4 oz	8 tbsp	1/3 c	1000mL=1L
8 oz	16 tbsp	1 c	1 L=4.2 c
12 oz	24 tbsp	1 ½ c	8 oz=1 c
16 oz	32 tbsp	2 c	16 c=1 gal
32 oz	64 tbsp	3 c	

Abbreviations

tsp	teaspoon
tbsp	tablespoon
oz	ounces
fl. oz	fluid ounces
c	cup
lbs	pounds
g	grams
kg	kilograms
mL	milliliters
L	liters
F	fahrenheit
C	celsius
gal	gallon
" / in	inch

Fahrenheit (F) to Celsius (C)

Fahrenheit	Celsius
200°	93°
250°	130°
325°	165°
350°	177°
375°	190°
400°	200°
425°	220°

Food Safety

To properly measure the temperature of meat, insert a meat thermometer into the **middle (center) of the thickest** part of the meat to read the internal temperature **for at least 3 seconds**. Afterwards, wash and dry the meat thermometer.

Food Temperatures for Cooking

Beef	Fahrenheit	Celsius
Rare	120°	40°
Medium-Rare	130°	55°
Medium	140°	60°
Medium-Well	150°	63°
Well-Done	155°	70°
Ground Beef	160°	71°
Lamb	Fahrenheit	Celsius
Medium-Rare	125°	52°
Medium	130°	55°
Medium-Well	145°	63°
Well-Done	150°	65°
Ground Lamb	160°	71°
Pork	Fahrenheit	Celsius
White Meat	145°	63°
Dark Meat	160°	71°
Gound Pork	160°	71°
Poultry	Fahrenheit	Celsius
White Meat	160°	71°
Dark Meat	165°	75°
Gound Poultry	165°	75°
Seafood	Fahrenheit	Celsius
Crustaceans- Shrimp, Lobster, Crab, Scallops	Until flesh=white and opaque	
Fish with Fins (i.e: Salmon, Tilapia, etc.)	145°	63°
Mollusks- Mussels, Oysters, Clams	Until shells open	